



Press Release
FOR IMMEDIATE RELEASE

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This Thanksgiving, Keep Health and Wellness Top-of-Mind

Knox County Hospital District offers a few tips to stay healthy this fall.

KNOX CITY, Texas (Nov. 19, 2021) – The Holiday season is upon us, and unlike last year, more families will be gathering to celebrate. As you prepare for the holiday season, Knox County Hospital District (KCHD) reminds area residents to prioritize health and safety. Whether you are preparing to travel or host loved ones, wellness often takes a backseat for many of us this time of year. No matter how busy your schedule gets, making your health a priority this holiday season is imperative.

“One of my favorite holidays, Thanksgiving is the perfect time to reflect on our many blessings in life while spending time with family and loved ones,” says Stephen Kuehler, CEO of Knox County Hospital District. “Holidays have been a bit more stressful the past couple of years, with many concerns about keeping our families safe and healthy. No matter how busy you get, take a moment to think about your health and wellbeing.”

Kuehler reminds everyone that nutrition, exercise, and relaxation are three important things to keep in mind this Thanksgiving.

“We anticipate more people to gather this Thanksgiving, especially since many did not celebrate the holiday in 2020,” says Dr. Laura Hart, physician at Knox City Clinic, a service of KCHD. “To make your upcoming holiday season a success, we hope everyone will take more caution to lower the risk of incidents.”

According to Dr. Hart, COVID-19 and flu safety, managing diabetes health, observing your diet and nutrition, and traveling safely are all critical to ensuring the success of your holiday season.

To help area residents navigate the upcoming holiday, KCHD has compiled a list of tips to promote health and safety.

Keep COVID-19 and the flu top-of-mind

The coronavirus continues to be a concern for communities all over the county. KCHD encourages everyone to take essential precautions to keep yourself and your loved ones safe this holiday season. The use of face coverings when out in public are still highly encouraged. Texans should talk with their healthcare provider about getting vaccinated against COVID-19.

MORE



Health and Safety Tips to Make Thanksgiving a Success

Page 2

Additionally, getting your annual influenza shot is urged by local healthcare professionals. The flu is highly contagious and can knock you down for up to two weeks, depending on the severity.

Vaccines have been updated this season to better match circulating viruses and improve their overall effectiveness.

All COVID-19 vaccines, including boosters, are free of charge. Most health insurance plans generally cover flu shots, or cash payment is also an option. For families in the region, Knox City and Munday Clinics are a convenient choice for these and other essential vaccines.

Keep diabetes health a priority

Diabetes is an epidemic across the U.S., affecting 9.4 percent of Americans and approximately 11.2 percent of Texans. Managing diabetes this holiday season is possible through a healthy and balanced diet, exercise, and medication.

When it comes to holiday gatherings, individuals with diabetes are urged to stay away from sugary foods and drinks. Maintaining a consistent eating schedule is also essential to maintaining appropriate blood sugar levels.

Although there is no data to suggest that individuals with diabetes are more likely to contract COVID-19 than those without, studies have shown that those with diabetes are more likely to face worse outcomes if they contract the virus.

Diabetes can be discovered with a blood test. This screening can help your medical provider determine what stage of the disease you have and how you can maintain optimum health.

Watch what you eat

Hospitals see an uptick in emergency room visits during the holidays caused by issues related to eating. Overeating and not following a diet, especially if you have certain health conditions, can increase your risk of cholecystitis, a gallbladder inflammation that can require medical attention.

It is not uncommon to gain a little weight during the holidays. Typically, people gain about one pound between Thanksgiving and the New Year. While that may not seem like a lot, few people lose that one

MORE



Health and Safety Tips to Make Thanksgiving a Success

Page 3

pound, and the weight can add up over several years.

It is crucial to keep in mind the ingredients of the foods you eat and how they may impact your health and diet to prevent weight gain.

Focusing more on greens and less on heavy gravy and sweets can also help. Residents are encouraged to practice control when it comes to sugary foods and drinks. This is especially important for those with certain health conditions, such as diabetes.

No drinking or texting while driving

Whether you're traveling near home or across the nation this holiday season, always be prepared by making sure your vehicle is up to date on all regular maintenance and inspections.

If attending holiday parties, remember to have a designated driver if you plan to drink alcohol. Know your limits and consider making alternate travel arrangements if necessary.

Additionally, remember to put down the phone. According to the National Safety Council, one in four traffic accidents is caused by using cell phones and mobile devices while driving.

Whether it is texting or casual chatter, cell phones pose a danger when used while driving. It is advised that you put your mobile device away when driving and refrain from answering calls or texts until you have reached your destination.

"The Thanksgiving holiday is a time to show appreciation and be thankful for everything in life," Kuehler says. "By following a few safety guidelines and looking out for our health, we can ensure a happier, stress-free holiday season this year."

If a medical emergency does occur, rest assured that help is around the corner. Knox County Hospital District and its trusted medical professionals can provide healthcare when you need it most.

To learn more about local healthcare services and providers, visit www.knoxhospital.org.

MORE



Health and Safety Tips to Make Thanksgiving a Success

Page 4

About Knox County Hospital District

Founded in 1926, Knox County Hospital District provides healthcare for residents of Knox County and surrounding areas. The district offers many medical services, including 24-hour emergency care, advanced radiology services, a clinical laboratory, home health, physical therapy, long-term care, patient education, and more. For additional information, please call 940-657-3535 or visit www.knoxhospital.org.

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